

learn from each other's strong points to offset weaknesses, and build a practical and feasible mechanism for the synergistic education of ideological and political education and mental health education, so as to effectively improve the scientificity, pertinence and effectiveness of moral education in colleges and universities. In order to alleviate the mental health problem of college students, this paper studies the cooperative education strategy of ideological and political education in colleges and universities.

Study design: The 500 college students were randomly selected for the survey by questionnaire. A total of 500 questionnaires were issued, 486 questionnaires were recovered, and 478 valid questionnaires were obtained. The content of the questionnaire mainly investigates the impact of the mental health of college students: First, the management mechanism. The second, the team mechanism. The third, the working mechanism. Fourth, the guarantee mechanism.

Methods: Using Excel 2007 statistics university ideological and political education synergy education new strategy to university student mental health influence.

Results: The results of the survey, with 1-5 quantitative influence value of specific factors, 1 indicates irrelevant, 2 indicates slight influence, 3 indicates general influence, 4 indicates obvious impact, and 5 indicates full influence. In order to reduce the subjective errors in assessment, 500 college students assessed value and took the average to round the results. The specific statistical table is shown in Table 1.

Table 1. Statistical results

Factor	Management mechanism	Team mechanism	Working mechanism	Guarantee mechanism
Influence value	5	4	5	4

Conclusions: Ideological and political education and mental health education collaborative education mechanism, its purpose is to adapt to the new situation of moral education and mental health education form together, play synergistic effect, optimize education mode, promote the comprehensive development of college students, improve the overall quality of college students, explore new ways and new methods for moral education work, so as to contribute to the innovation and development of moral education in colleges and universities.

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RESEARCH ON THE INNOVATION OF IDEOLOGICAL AND POLITICAL TEACHING REFORM PATH OF ELECTRONIC TECHNOLOGY COURSE IN COLLEGES AND UNIVERSITIES FROM THE PERSPECTIVE OF EDUCATIONAL PSYCHOLOGY

Chunhui Liu, Sichang Wang & Ce Zheng

College of Electrical Engineering and Automation, Shandong University of Science and Technology, Qingdao 266590, China

Background: Power electronic technology is a subject developed with the development of theory and device, which is widely used in traffic, power, military, architecture, aviation, spaceflight, navigation and so on. Through the course, students are required to master the performance of power electronic devices, the principles and calculation methods of various electrical energy conversion circuits, and have the ability to analyze and solve engineering problems. After graduation, most of the students will go to the power supply bureau, power plant, electrical equipment manufacturers and other business departments dealing with electricity, not only need a strong professional quality, but also a good political literacy, moral awareness and responsibility. The teaching of the course of power electronics technology should spread to the students the scientific spirit of seeking truth and innovation, the craftsman spirit of rigorous earnestness and perfection, and the socialist core values of scientific power, social responsibility and patriotism. In the teaching process, we should pay attention to the diversity of education forms and the effectiveness of discourse communication, and avoid the rigidity and rigidity of teaching.

Objective: Power electronic technology course is a core course of electrical automation major in colleges and universities. It is a technology of electric energy conversion and control by using power electronic devices. How to carry out the ideological and political education in the whole teaching process of "Power Electronics Technology" based on educational psychology is the most important thing in the teaching reform of "Power Electronics Technology" course.

Subjects and methods: According to the requirements of the professional posts of electrical automation and in combination with the educational psychology and the training program for professionals, the teaching content of "Power Electronic Technology" is reconstructed, and the course of "Power Electronic

Technology” is divided into six project modules by adopting the project-based teaching design idea, namely, light control lamp, direct current speed control device, switching power supply, medium frequency induction heating power supply, electric fan and frequency converter. Each project module uses online and offline hybrid teaching model, the implementation of each project is divided into three stages, namely, before class, in class, after class. Using network teaching platform to complete the task before class, using task-driven teaching method in class, according to the task analysis - task training - task display and evaluation. In order to carry out the basic task of cultivating students, in the process of training students to achieve the knowledge and ability goals of the course of “Power and Electronics Technology”, we should sort out the teaching contents of the six items, refine the elements of ideological and political education, design excelsior craftsman spirit, green design spirit, diligent in working, team spirit, professional spirit of engineering practice and patriotic struggle and dedication spirit in accordance with the ideas of “digging-integration-implementation-evaluation”, and integrate them into different teaching links of each item to study “thinking politics”, understand “thinking politics” and practice “thinking politics”. With the intervention of educational psychology, this paper analyzes the influence of ideological and political education reform on the realization of students’ quality and ability goals.

Study design: Randomly selected 100 students majoring in electronic technology, using a questionnaire survey. A total of 100 questionnaires were distributed and 96 questionnaires were returned, of which 92 were valid.

Methods: With the intervention of Excel 2007 statistical educational psychology, the effect of innovation in the ideological and political education of college electronic technology curriculum is analyzed.

Results: In order to reduce the large error caused by individual subjectivity in the assessment, the results of the survey are rounded off by rounding the values of 100 students to an average, with 1 indicating irrelevance, 2 indicating slight influence, 3 indicating general influence, 4 indicating obvious influence and 5 indicating full influence.

Table 1. Effect of ideological and political teaching reform in universities under the intervention of educational psychology

Factor	Achieve quality goals	Achieve ability goals	Master the key points and difficulties in teaching
Values	5	5	4

Conclusions: Curriculum politics is an important position to strengthen moral education in colleges and universities. As a professional course teacher, we should be fully aware of the importance of ideological and political education. While imparting knowledge, we should also be duty-bound to play the role of disseminators of advanced ideology and culture and instructors of students’ healthy growth. Based on educational psychology and in light of the characteristics of different courses, the elements of socialist core values such as patriotism, devotion to work, innovation ability and responsibility shall be organically integrated into knowledge teaching, so as to truly form a new mechanism of higher education featuring whole-process, whole-staff and all-round education, and guide students to establish correct values on life in the new era, so as to cultivate more healthy and upward talents for society.

Acknowledgement: The research is supported by: the Research project on Undergraduate Teaching Reform in Shandong Province in 2020, Research on improving students’ online learning ability and teaching incentive strategy in Hybrid Teaching of core courses of electrical specialty (No. M2020061); the SDUST Excellent Teaching Team Construction Plan Electrical automation digital technology teaching team (No. JXTD20190505).

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RESEARCH ON THE INFLUENCE OF THE DEVELOPMENT OF COLLEGE STUDENT ASSOCIATIONS ON THE ALLEVIATION OF COLLEGE STUDENTS’ MENTAL STRESS IN THE NEW PERIOD

Shaowen Ma

College of Liberal Education, Chongqing Three Gorges Vocational College, Chongqing 404155, China

Background: College students’ association is a kind of social organization, which is led by students in nature. It is very common on the college campus. Many students exercise their abilities and improve their overall quality by participating in college students’ associations so as to better adapt to the competition of the future society. Students’ associations are also places for students to study. Colleges and universities